

ANIMAL-BASED GUIDE

Reclaim your ancestral birthright to radical health

PAUL SALADINO, MD

Doctor, author and voice for health freedom



WHAT TO EAT

An animal-based diet focuses on meat, ideally grass fed beef, but can also include pasture-raised pork, chicken, turkey, and eggs (all corn and soy-free), organs (or desiccated organ supplements like the ones we make at Heart & Soil), fruit, honey, and raw dairy.



Grass-fed beef



Pasture-raised pork



Pasture-raised chicken



Organ meat*



Bone broth collagen source



Wild-caught fish



Corn/soy-free eggs

LOW TOXICITY

- Raw, local honey
 - Raw Dairy
 - All Sweet Fruit
(avoid the seeds!)
Banana, berries, mango, pineapple, watermelon, papaya, oranges etc.
- Non Sweet Fruit
(seedless/skinless)
Avocado, olives, pumpkin, squash, zucchini, cucumber
 - Tallow/Suet
 - Grass-Fed Butter/Ghee

* Organ meat: 1-2oz liver per day, as well as a few ounces of spleen, kidney, heart, thymus, and other organs per week (or equivalent in desiccated organs).

MEDIUM TOXICITY

- White Rice
 - Roots/Tubers
Sweet potato, yams, carrots
 - Fermented Vegetables
Sauerkraut, pickles
 - Artichoke Hearts
 - Herbs
Rosemary, thyme, basil, oregano, dill, mint, parsley
- Coconut
 - Olive oil
 - Avocado oil
 - Coconut oil
 - Low Metal Fish
Wild salmon, sardines, anchovies, shellfish
 - Ceylon Cinnamon

WHAT TO AVOID

Avoiding seed oils is critical to long-term health. Animal fats are preferred over all plant-based oils, including olive or avocado oil. Sourcing for meat and organs is also important and avoiding corn/soy/ grain-fed animals is ideal. Processed sugar has no place in a healthy diet and should be avoided as well.



Seed and plant-based oils



Processed sugars



Corn- and soy-fed animals

HIGH TOXICITY / MOST LEAVES & SEEDS

- Spinach
 - Brassica
Kale, broccoli, cauliflower, brussels sprouts, cabbage, horseradish, radishes, watercress, bok choy
 - Beets
 - Chard
 - Asparagus
 - Lettuce/Salad Greens
Green leaf, romaine, mixed greens, arugula
 - Grains
Wheat, oats, quinoa, millet, amaranth
- Seed Oils
Corn, canola, soybean, sunflower, safflower, peanut
 - Seed
Chia, flax, pumpkin, sunflower
 - Coffee
 - Chocolate
 - Spices
Cassia cinnamon, turmeric, cardamon, cumin, coriander, black/ white pepper,
- paprika*
 - Mushrooms
 - Nuts
Almond, walnut, cashew, brazil, macadamia
 - Legumes
Peas, green beans, soybeans, kidney beans, lentils, peanut
 - Celery
 - High Heavy Metal Fish
Tuna, king mackerel, halibut,
- sea bass*
 - Brown Rice
 - Kimchi
 - Alliums
Onion, leek, garlic
 - Nightshades
Tomato, white potato, eggplant, peppers, chili peppers, goji berries

HOW MUCH TO EAT

A breakdown of the two types of nose-to-tail animal-based diets

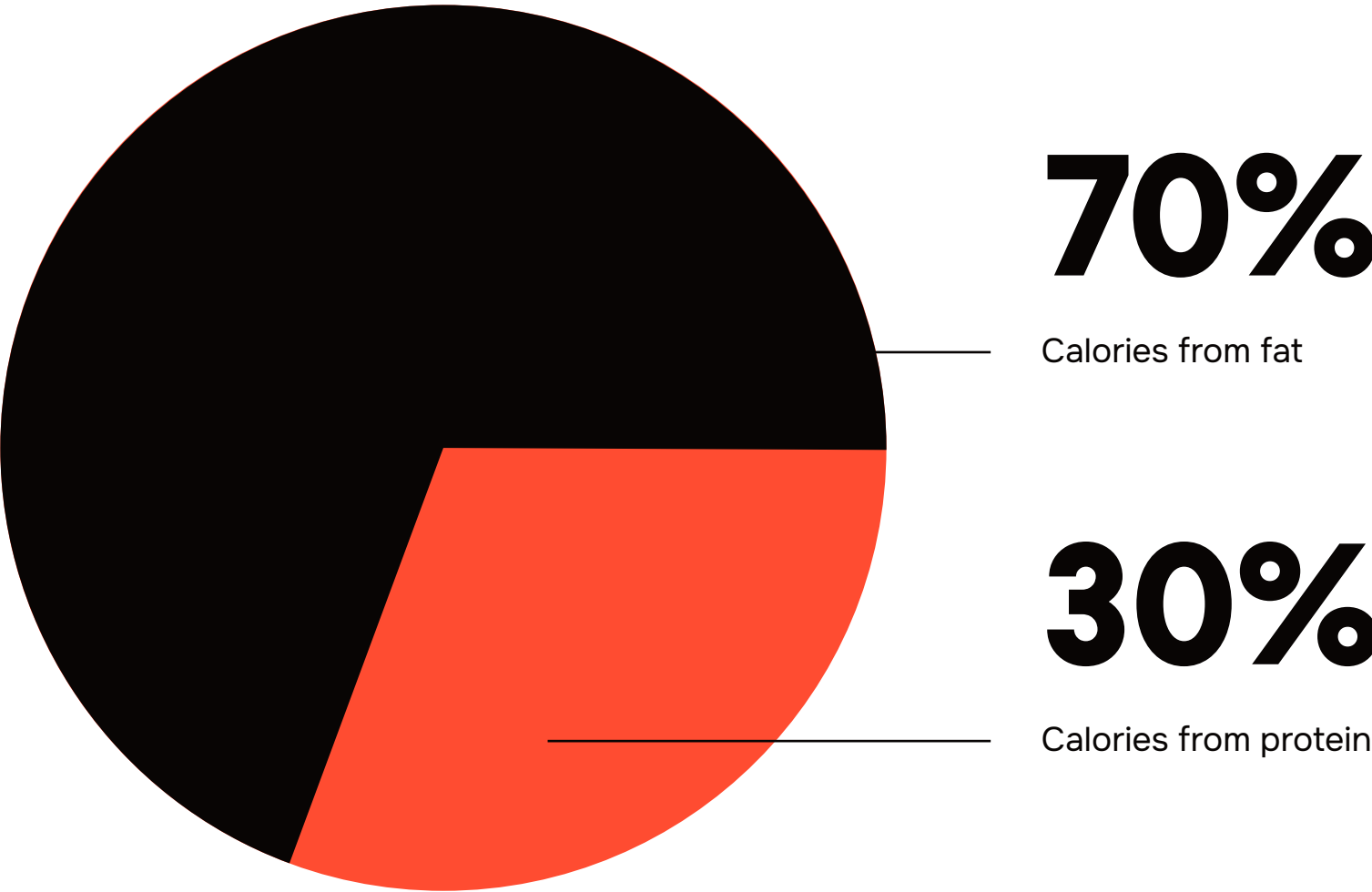
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ANIMAL-BASED: CARNIVORE

Composed entirely of animal foods: meat, organs, fats, and dairy if tolerated.



CONSTRUCT YOUR OWN ANIMAL-BASED DIET

We've built an Animal-Based Calculator which will help you determine how much to eat, based on your goal body weight and activity level*. You can find the calculator on Paul's website: [click here](#).

**Macronutrient guidelines may change, depending on health status or goals.
Reach out to RadicalHealth@HeartandSoil.co for individual health support.*

ANIMAL-BASED

80% nose-to-tail animal foods with 20% of the least toxic plant foods as outlined on the previous page.

